



The 5 AM Club: Own Your Morning. Elevate Your Life.

Robin S. Sharma

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Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity.

Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness.

Through an enchanting—and often amusing—story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, *The 5am Club* will walk you through:

How great geniuses, business titans and the world's wisest people start their mornings to produce astonishing achievements
A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day
A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth
A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed
“Insider-only” tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world

Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, *The 5am Club* is a work that will transform your life. Forever.

The 5 AM Club: Own Your Morning. Elevate Your Life. Details

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312 pages , Published December 4th 2018 by HarperCollins Publishers

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Venky says

Robin Sharma's latest work "The 5 A.M Club" ("the book") presents itself as a formidable contender for "The Worst Book of 2018" award. Extraordinarily insipid, extremely uninspiring and inexplicably long-winded, the book is well served remaining unread! Replete with borrowed quotes, resonating with irrelevant similes, and riding on a by now familiar philosophy, Robin Sharma feebly and futilely attempts to package old wine in a new bottle. Unfortunately, the damaged quality of the bottle deteriorates the very essence of the wine.

So what exactly is the "5.00 A.M Club?"

A. A simple, ordinary message stretched to an unimaginably inordinate degree

The message being dished out by Mr. Sharma is neither innovative nor novel. The basic idea being to jump out of one's bed at 5.00 A.M in the morning and perform a set of activities involving the exercise of both mental and physical faculties. THIS IS IT both in a nutshell as well as in the philosophy's entire expansion. However, what could have been ensconced within a precise tract or even a pamphlet is extended, elongated and elaborated in a most painful manner that makes a reader plough through 314 excruciating pages. The fact that in a book titled "The 5.00 A.M Club", it takes 51 pages for a character to actually wake up at 5.00 A.M speaks volumes about the peripheral irrelevance that masks the core matter.

B. A story that is totally irrelevant

In order to convey a purely simplistic message, Mr. Sharma bizarrely elects to employ a story telling method which exasperates and enervates the reader to an infuriating degree. Yes, you really become tired reading (or at least trying to) the book. It is an unenviable chore trudging through a morass of pages that has at its centerpiece three characters. An entrepreneur who comes perilously close to taking her own life, courtesy an attempted investor coup before a seminar transforms her. Wearing bracelets with inspirational quotes etched on them, she signs on to become a member of the 5.00 A.M Club. She is joined in this endeavor by an artist who keeps fidgeting with his dreadlocks when not repeatedly mouthing "def" for "definitely. The mentor for both the entrepreneur and the artist is a quirky billionaire who when not mouthing quotes picked from Gibran to Seneca or doing dervish whirls and hand stands, spends time taking his two students on freewheeling tours to Mauritius, India, Italy and South Africa, imparting the tenets of the 5.00 A.M club. To assist him in this endeavor he keeps addressing his students as "cats" while himself using surfer slang such as "gnarly" to such a liberal extent that the reader feels like taking a sail boat over the book!

C. Pareto Principle in Action with Corny Passages

80% of the book is an astonishing exercise in futility. A communication that could have been accommodated within 20-30 pages takes up a whopping 314 pages. Pages that are packed with passages so reeking with irrelevance that they are enough to make the reader tear her hair out in sheer white frustration! Sample this:

"The artist laughed as a baby gecko jaywalked across a broad plank. He took off his black shirt in the dazzling sunshine, exposing a Buddha-sized belly and man breasts the size of fleshy mangoes."

".... she admitted as the skin on her forehead scrunched together like a rose contracting in the cold."

". the artist interrupted with all the energy of a puppy seeing its owner after a long day alone."

D. Invest in a book of quotes instead

In addition to beginning every chapter with a famous quote, the book strings together sayings at a speed

which would put even the reproductive capabilities of rabbits to total shame! Quotes by the renowned and the reviled fly at you from all angles making both deflection and assimilation equally impossible. One would do well instead to invest in a book of quotes and peruse the same meticulously.

E. Read these Alternative Books

The 5.00 A.M club borrows liberally from the philosophies of luminaries such as Mihaly Csikszentmihalyi and also pop psychologists such as Malcolm Gladwell. In the event one manages to get through the tedium and torture of the “5.00 A.M Club”, the following books may serve as the perfect antidote:

- “Flow” by Mihaly Csikszentmihalyi;
- “The Power of Habit” by Charles Duhigg;
- “Eat, Move, Sleep” by Tom Rath;
- “The 7 Habits of Highly Effective People” by Stephen Covey;
- “Think and Grow Rich” by Napoleon Hill;
- “The Empires of the Mind” by Dennis Waitley
- Read these Alternative Books

F. The George Orwell Rule

Mr. Sharma, while meticulously putting together the powerful sayings of many greats who have trod on this Planet, seems to have missed out on a set of most important rules – the immortal Six Rules laid down by George Orwell. One of the rules postulates, “If it is possible to cut a word out, always cut it out.”. If only this rule was followed the “5.00 A.M club” would have been an eminently readable book.

The “5.00 A.M Club” – deserving of a pass.

Emma Sea says

wow, this is *terrible*. The ludicrously bad story woven around the ultimately blog-post-sized advice has some of the worst writing I've ever experienced. Wow.

Jagadish says

This fiction book with teaching and importance why to wake up at 5 am.
Join the 5 am club, own your morning .Elevate your life(theme of book).

The story revolves around the person artist and entrepreneur both attend the teaching of spellbinder (motivational speaker) and where they meet billionaires (Mr.Riley stone)
Both entrepreneur and artist will fall in love, the journey of learning about technique of 5 am club and other self help techniques by Billionaire
The story travel to various place Mauritius, India to visit Taj Mahal , Rome in Italy, Brazil (Sao Paulo) and South Africa for Robbin island (place where Nelson Mandela jailed). For learning the technique and importance of 5 am club .

The key technique are

A)The 3 step success formula by starting with better awareness lead to better choice and the finally better result .

B)The 4 focuses of history makers

1. Capitalisation Iq
2. Freedom from distraction
3. Personal mastery practice
4. Day stacking

C) Four interior empire Mindset (psychology), Heartset (emotionality), healthset(physicality), Soulset(spirituality)

D) The habit installation protocol for 66 days minimum to reach automaticity point (for any habit to become our second nature)

Stage 1 (1 to 22 days) - destruction phase

Stage 2 (23 to 44 days)-installation phase

Stage 3(45 to 66 days)-integration phase

E) The 20/20/20 Formula deconstructions from 5.00 AM to 6.00AM

Pocket#1 5.00 Am to 5.20 Am for Move

Time for doing intense exercise and sweat heat to boost your metabolism and cleanses cortisol level and BDNF rise

Pocket#2 5.20Am to 5.40 Am for reflection

Time for doing journal, meditations, plan, contemplate

Pocket #3 5.40 Am to 6.00 Am for grow

Time for review goals, read books, audiobook and podcasts

Which improve knowledge and confidence boost.

F) The 10 Tactics for Lifelong Genius

Tactic #1: The Tight Bubble of Total Focus (TBTF)

Tactic #2: The 90/90/1 Rule

Tactic #3: The 60/10 Method

Tactic #4: The Daily 5 Concept

Tactic #5: The 2nd Wind Workout (2WW)

Tactic #6: The 2 Massage Protocol (2MP)

Tactic #7: Traffic University

Tactic #8: The Dream Team Technique

Tactic #9: The Weekly Design System (WDS)

Tactic #10: The 60 Minute Student

G) The twin cycle of elite performance are High Excellence Cycle and Deep Refueling Cycle

H) The five asset of genius are mental focus, physical energy, personal willpower, original talent and daily time .

THE LEGENDARY PERFORMANCE EQUATION:

$\text{PRESSURE} \times \text{REFUELING} = \text{GROWTH} + \text{ENDURANCE}$

Becoming legendary is all about sustainability.

GCA: Gargantuan Competitive Advantage: True depth as it relates to how you think, behave and deliver.

Healthy perfectionism—and an unyielding quest to be the best that you are capable of becoming.

Some interesting neuroscience term transient hypofrontality, human growth hormone production, BDNF—brain-derived neurotrophic factor.

This book have lot of quotes and you can keep rising daily 5.am as upcoming goal for this new year.

From Reader Review The 5 AM Club: Own Your Morning. Elevate Your Life. for online ebook

From reader reviews:

Bethany Eng:

Now a day those who Living in the era where everything reachable by match the internet and the resources inside it can be true or not demand people to be aware of each information they get. How many people to be smart in obtaining any information nowadays? Of course the correct answer is reading a book. Looking at a book can help persons out of this uncertainty Information especially this The 5 AM Club: Own Your Morning. Elevate Your Life. book as this book offers you rich details and knowledge. Of course the information in this book hundred percent guarantees there is no doubt in it you know.

Cornell Smith:

Hey guys, do you would like to finds a new book to learn? May be the book with the headline The 5 AM Club: Own Your Morning. Elevate Your Life. suitable to you? Often the book was written by well-known writer in this era. The book untitled The 5 AM Club: Own Your Morning. Elevate Your Life.is the main of several books this everyone read now. This kind of book was inspired many men and women in the world. When you read this guide you will enter the new dimension that you ever know just before. The author explained their idea in the simple way, consequently all of people can easily to understand the core of this e-book. This book will give you a lots of information about this world now. To help you see the represented of the world within this book.

Virginia Shrader:

A lot of people always spent all their free time to vacation or go to the outside with them family or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you would like try to find a new activity here is look different you can read the book. It is really fun for you. If you enjoy the book which you read you can spent all day long to reading a reserve. The book The 5 AM Club: Own Your Morning. Elevate Your Life. it doesn't matter what good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. In case you did not have enough space to create this book you can buy the actual e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not to cover but this book provides high quality.

Daryl Radford:

Are you kind of occupied person, only have 10 as well as 15 minute in your day to upgrading your mind expertise or thinking skill also analytical thinking? Then you have problem with the book compared to can satisfy your short period of time to read it because pretty much everything time you only find guide that need more time to be learn. The 5 AM Club: Own Your Morning. Elevate Your Life. can be your answer because it can be read by a person who have those short spare time problems.

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